

# Music Therapy



Information for service users

Easy Read

**A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.**

## **What is music therapy?**



Music therapy can help you to try and understand your feelings. You will be working with a music therapist. They will work with you on any difficulties you are having.



You might be worried about:

- how you get on with other people
- managing with things at home
- why you might feel lonely and upset



In music therapy you can sing, play instruments and make music.



You can use:

- Guitars
  - Drums
  - Chimes
  - Keyboards
- and many more



Music can be a good way to show how you feel and tell stories. Using sounds can help explain feelings that are hard to put into words.



Music therapy can help you think about:

- things that matter to you
- things that make you happy or sad
- things that you would like to change



The music therapist can help you even if you find talking difficult.



Some people find music helps them to express themselves. This helps them feel better.



You might find you learn new things and have some fun.

The therapist is there to help you. They will listen to you and respect your feelings and privacy.



Sometimes sharing your feelings with the music therapist can help you. It may help you feel less upset or lonely.

## Who will be there?

You will usually see the music therapist on your own.

Sometimes there will be music therapy groups. These groups may be big or small.

## How long will the music therapy last?



The music therapist will talk to you about when and where you are going to meet. How long you see the music therapist for will depend on what you want to work on.

## Do I have to be good at music?

You don't have to be good at music. The music therapist will help you with your music.



Music therapy is not like a music lesson in school. Your work will not be marked by a teacher.



The idea is that you can express yourself freely using musical instruments.

You decide who will listen to your music.

## What will happen to my music?



Any music you make, like a CD will be kept safe by the therapist. It will be kept private. The music is for you and the therapist to listen to and talk about.

Sometimes the music therapist might ask if they can record your music. These will be kept private but you will be able to hear them if you wish.

When your therapy ends you can choose to take any of your work away with you.

If you don't want to take it your therapist will destroy it. This respects your privacy.

## Will other people know what is happening in music therapy?



The music therapist will keep a confidential record of the session; they will respect your privacy.

The music therapist might write a report but will talk to you about these. They will talk about this with you.

The music therapist will answer any questions you have.

## How do I get music therapy?



If you would like to come to music therapy you should talk to your ward staff.

They can contact the music therapist for you.

The music therapist will then come to see you. They will assess if music therapy would be helpful to you.



If it will be helpful the music therapist will talk to you about when you will start music therapy.

## Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let a music therapist know your idea.

Or you can call the Patient Advice and Liaison Service (PALS)



**Sunderland, Gateshead and South Tyneside**

0800 328 4397



**North of Tyne**

0800 032 0202



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

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